In the Claims

- 1. A method for manually aligning ophthalmic spectacle lenses, the spectacle lens being held on one side for the purpose of machining a free side of said spectacle lens by a first holder via a connecting material situated therebetween, and said first holder being inserted into a cutout of a retaining device, after which the free side is machined, wherein after the machining of a free side of the spectacle lens
 - a) said first holder is inserted into a cutout of an adapter part that is provided with markings,
 - b) said spectacle lens is subsequently aligned with the aid of said markings of said adapter part, and said spectacle lens is connected to a second holder, said second holder being inserted into said retaining device, and
 - c) said first holder is finally removed with said adapter part from said spectacle lens together with the connecting material.

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- 2. A method for manually aligning ophthalmic spectacle lenses, the spectacle lens being held on one side for the purpose of machining a free side of said spectacle lens by a first holder via a connecting material situated therebetween, and said first holder being inserted in a cutout of a retaining device, after which the free side is machined, wherein after the machining of the free side of the spectacle lens
 - a) said first holder is inserted into a clamping device of a positioning device.
 - b) said positioning device is subsequently fed to said retaining device,
 - c) connecting material is subsequently introduced between said spectacle lens and a second holder, and
 - d) said first holder is subsequently released from said clamping device and is removed from said spectacle lens together with the connecting material.
- 3. The method as claimed in one of claims 1 or 2, wherein the ophthalmic spectacle lens is an ophthalmic organic spectacle lens, in particular an organic progressive lens.
- 4. The method as claimed in one of claims 1 or 2, wherein said ophthalmic spectacle lenses are semifinished products of progressive lenses.

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- 5. An apparatus for manually aligning ophthalmic spectacle lenses the spectacle lens being held on one side for the purpose of machining a free side of said spectacle lens by a first holder via a connecting material situated therebetween, and said first holder being inserted in a cutout of a retaining device, comprising a positioning device with a clamping device that is provided with a cutout for accommodating said first holder, it being possible to align and adjust the height of said positioning device for the purpose of alignment with said retaining device.
- 6. The apparatus as claimed in claim 5, wherein said positioning device is provided with a guide for adjusting the height of said clamping device.
- 7. The apparatus as claimed in claim 6, wherein said guide is provided with an xy table for alignment with said retaining device.
- 8. The apparatus as claimed in one of claims 5 to 7, wherein said clamping device is provided with an end position lock.
- 9. The apparatus as claimed in claim 6, wherein said guide is provided with an end position damper.
- 10. The apparatus as claimed in claim 5, wherein said ophtalmic lenses are semifinished products of progressive lenses.

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- 11. An adapter part for manually aligning ophthalmic spectacle lenses, for machining a free side of the spectacle lens, said spectacle lens being provided with a holder, wherein a cutout is provided in said adapter part for inserting said first holder, said adapter part comprising markings for aligning said spectacle lens.
- 12. The adapter part as claimed in claim 11, wherein said markings are provided on the side averted from said cutout.
- 13. The adapter part as claimed in claim 11, wherein a transverse web for positioning said first holder is arranged in said cutout.
- 14. An adapter part for manually aligning ophthalmic spectacle lenses for machining a free side of the spectacle lens, said spectacle lens being provided with a holder, wherein a collet chuck is provided, said collet chuck being planted in a housing, and it being possible to align said spectacle lens by means of said collet chuck.
- 15. The adapter part as claimed in one of the claims 11 to 14, wherein said ophthalmic spectacle lenses are semifinished products of progressive lenses.

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